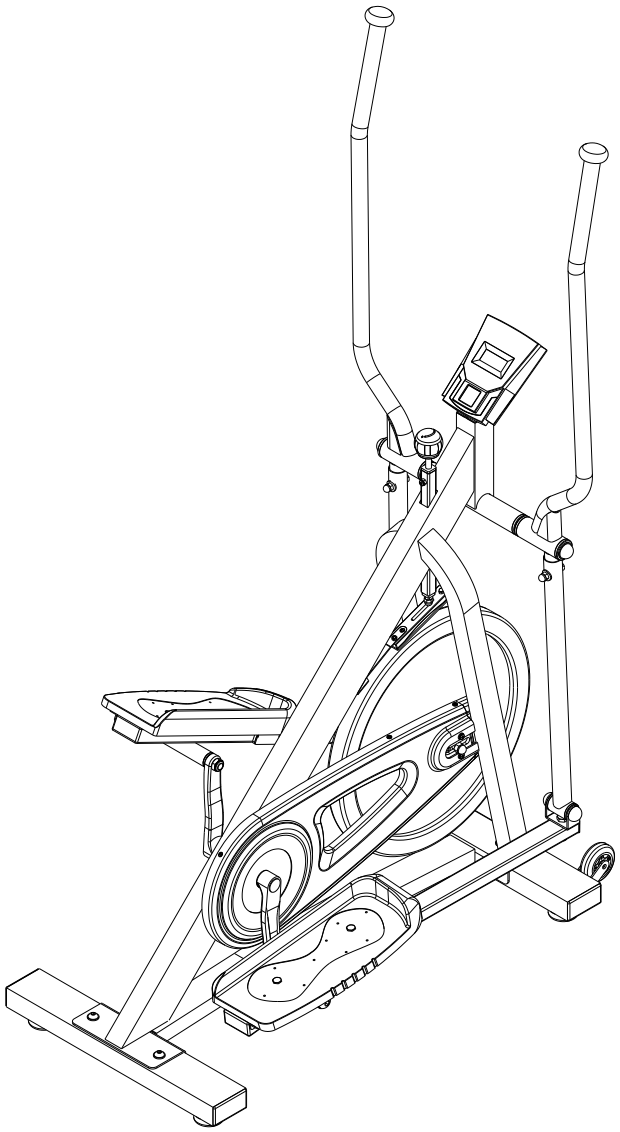
FLYWHEEL ELLIPTICAL TRAINER

SF-E2310

OWNER'S MANUAL



IMPORTANT!

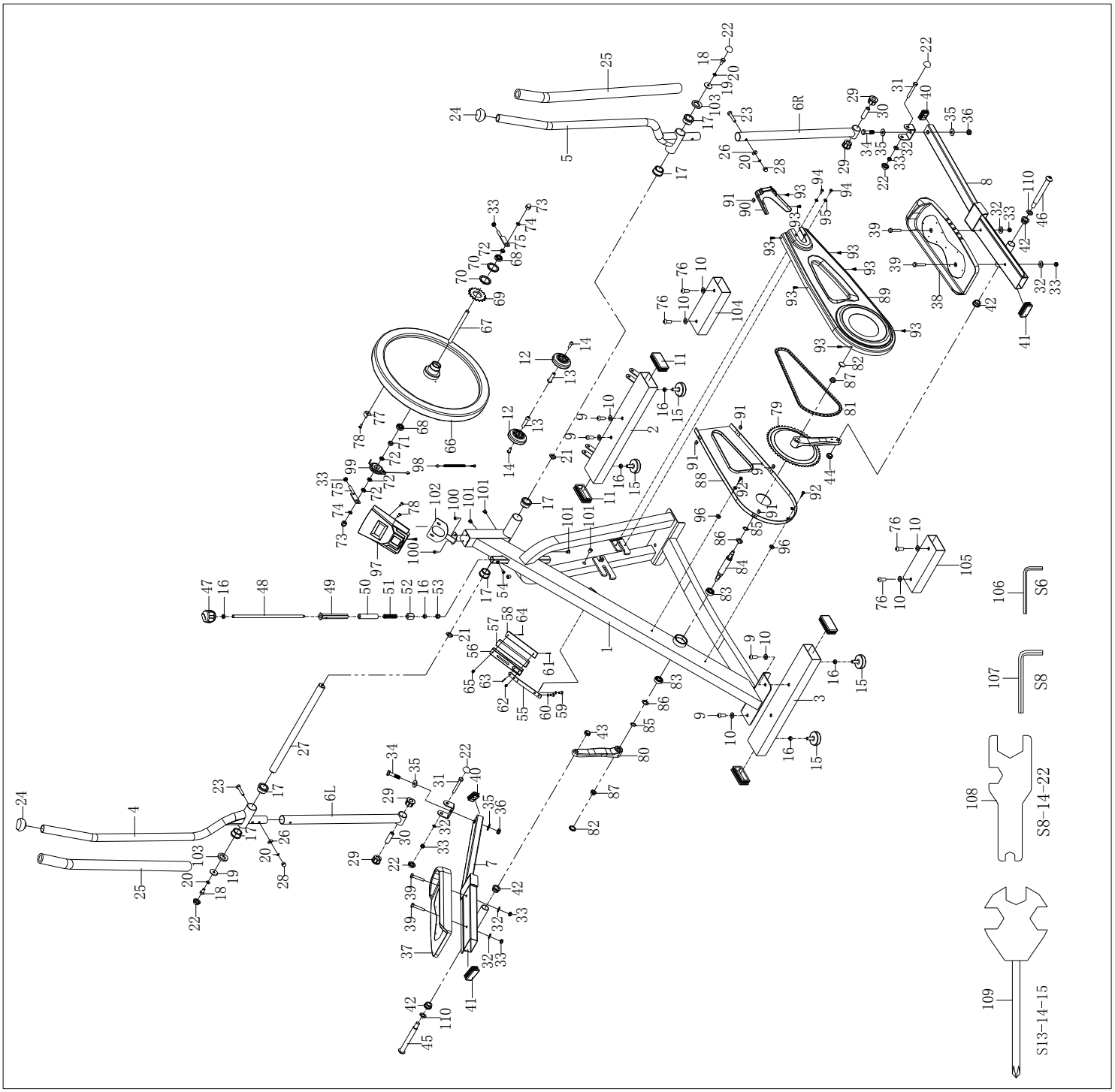
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.
For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat, level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it
6. Before using the equipment, please make sure all the nuts and bolts are securely tightened. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
7. There are many functions of the computer, in which the value will show up when using the equipment. Please note that the value of the heart pulse displayed on the monitor is an estimate for reference.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment
9. The maximum weight of user is 300 LBS.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Please keep this manual and assembling tools for future reference.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

EXPLODED VIEW



PARTS LIST

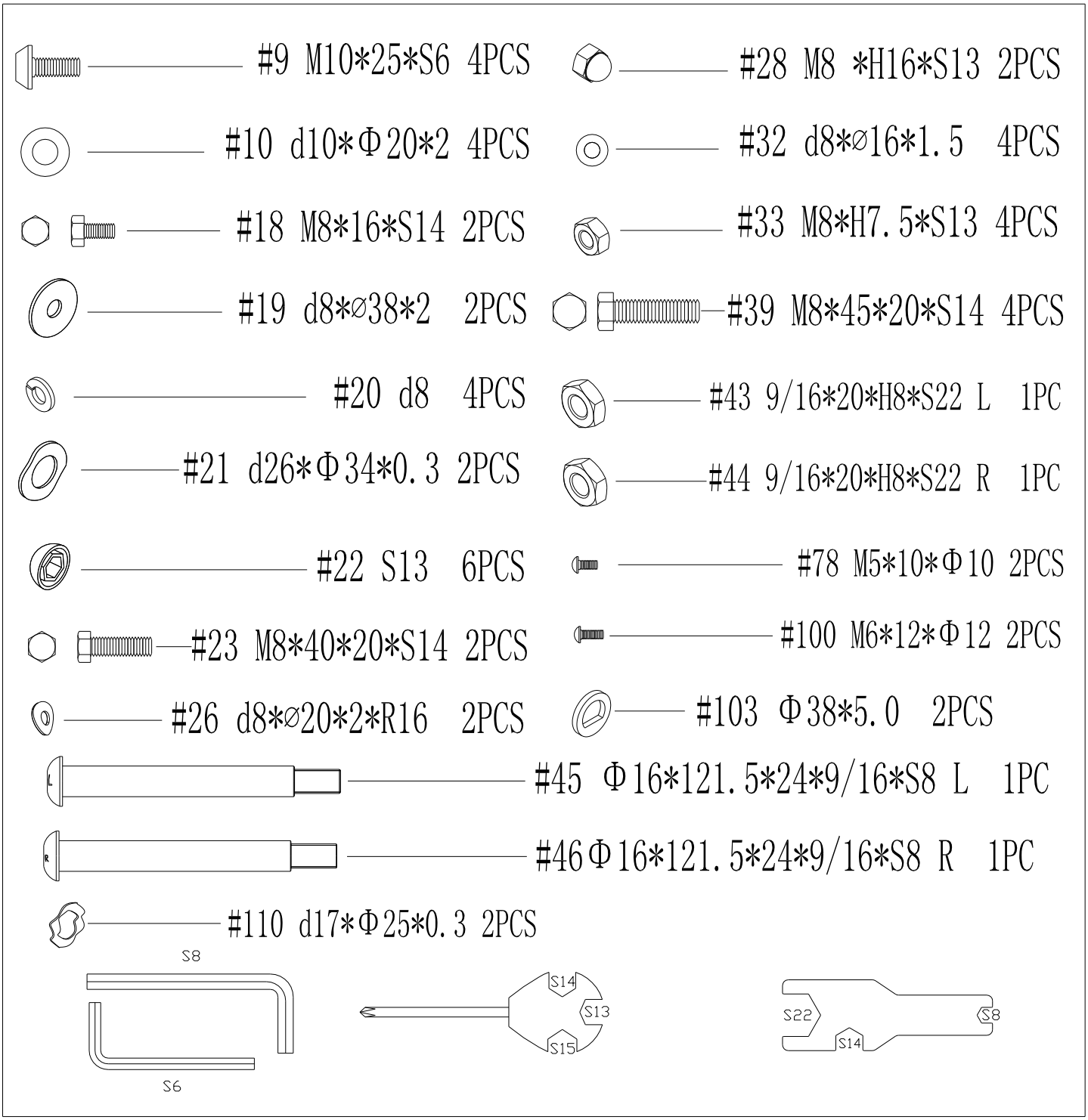
NO	DESCRIPTION	QTY
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Left handle bar	1
5	Right handle bar	1
6L/R	Left and Right Swing rod	2
7	Left pedal post	1
8	Right pedal post	1
9	Screw M10*25*S6	4
10	Washer d10*Φ20*2	8
11	End cap J80*40*18	4
12	Transport wheel Φ71*Φ19*24	2
13	Screw φ7.8*30*M6*15	2
14	Screw M6*12*S5	2
15	Foot pad M10*30*Φ52*49	4
16	Nut M10*H7*S17	6
17	Alloy bush Φ38*5*Φ34*15*Φ25.4	6
18	Bolt M8*16*S14	2
19	Washer d8*Φ32*2	2
20	Spring washer d8	4
21	Wave washer d26*Φ34*0.3	2
22	End cap S13	6
23	Bolt M8*40*20*S14	2
24	End cap Φ28*32*Φ50	2
25	Foam grip Φ26*3*600	2
26	Arc washer d8*Φ20*2*R16	2
27	Swing rod axle	1
28	Nut M8*H16*S13	2
29	Plastic bush Φ32*3*Φ28*16*Φ14.3	4
30	Spacer Φ14*Φ8.3*48	2
31	Bolt M8*65*30*S14,grade 8.8	2
32	Washer d8*Φ16*1.5	6
33	Nut M8*H7.5*S13	8
34	Bolt M10*42*20*S17	2
35	Washer d10*Φ25*2	4
36	Nut M10*H9.5*S17	2

NO	DESCRIPTION	QTY
37	Left pedal 395*160*52	1
38	Right pedal 395*160*52	1
39	Bolt M8*45*20*S14 grade A	4
40	End cap J40*25*15	2
41	End cap J60*30*15	2
42	Alloy wrap Φ28*4*φ24*12*Φ16.1	4
43	Left nut 9/16*20*H8*S22 L	1
44	Right nut 9/16*20*H8*S22 R	1
45	Left pedal bolt Φ16*121.5*24*9/16*S8	1
46	Right pedal bolt Φ16*121.5*24*9/16*S8	1
47	Knob M10*φ49*46	1
48	Brake rod Φ10*320*30*100	1
49	Spacer 20*20*120	1
50	Spacer Φ11*Φ16.5*80 11g	1
51	Spring Φ2.0*Φ15*54*N12	1
52	Square nut 16*16*25*M10	1
53	Nut M6*H14*S10	1
54	Screw M6*10*Φ12	1
55	Spring piece t2.0*15.8*153	1
56	Brake block 12*25*138	1
57	EVA pad 10*22*95	1
58	Cow leather pad t5*25*138	1
59	Bolt M6*12*S10	2
60	Washer d6*Φ12*1.2	2
61	Screw M5*18*Φ12	1
62	Nut M5*H4*S8	1
63	Screw M5*10*Φ10	1
64	Screw M5*20*Φ8.5	1
65	Nut M5*H9*S8	1
66	Inertial wheel 20*Φ460*38*30*Φ40*4	1
67	Inertial axle Φ12*162*M12*1.0*30*50	1
68	Bearing 6001-2RZ NBK	2
69	Small chain wheel two ways 16 teeth	1
70	Nut M35*1*Φ41*3	2
71	Spacer Φ18*Φ12.1*8	1
72	Nut M12*1*H6*S19	4

73	Nut M12*1*H19.5*S19	2
74	Washer d12*φ24*2.0	2
75	Adjusting screw M8*83*Φ12*5	2
76	Screw M10*16*S6	4
77	Sensor stopper	1
78	Screw M5*10*Φ10	3
79	Big chain wheel	1
80	Left crank	1
81	Chain 1/2”*1/8”*106 KYC	1
82	Crank cap Φ25*7	2
83	Bearing 6004-RZ NBK	2
84	Middle axle Φ20*146*37*74.5	1
85	Jump ring d20	2
86	Wave washer d20*Φ26*0.3	2
87	Nut M10*1.25*H7.5*S14	2
88	Inner chain cover	1
89	Outer chain cover	1
90	Front chain cover	1
91	Fixing piece t0.8*11	5

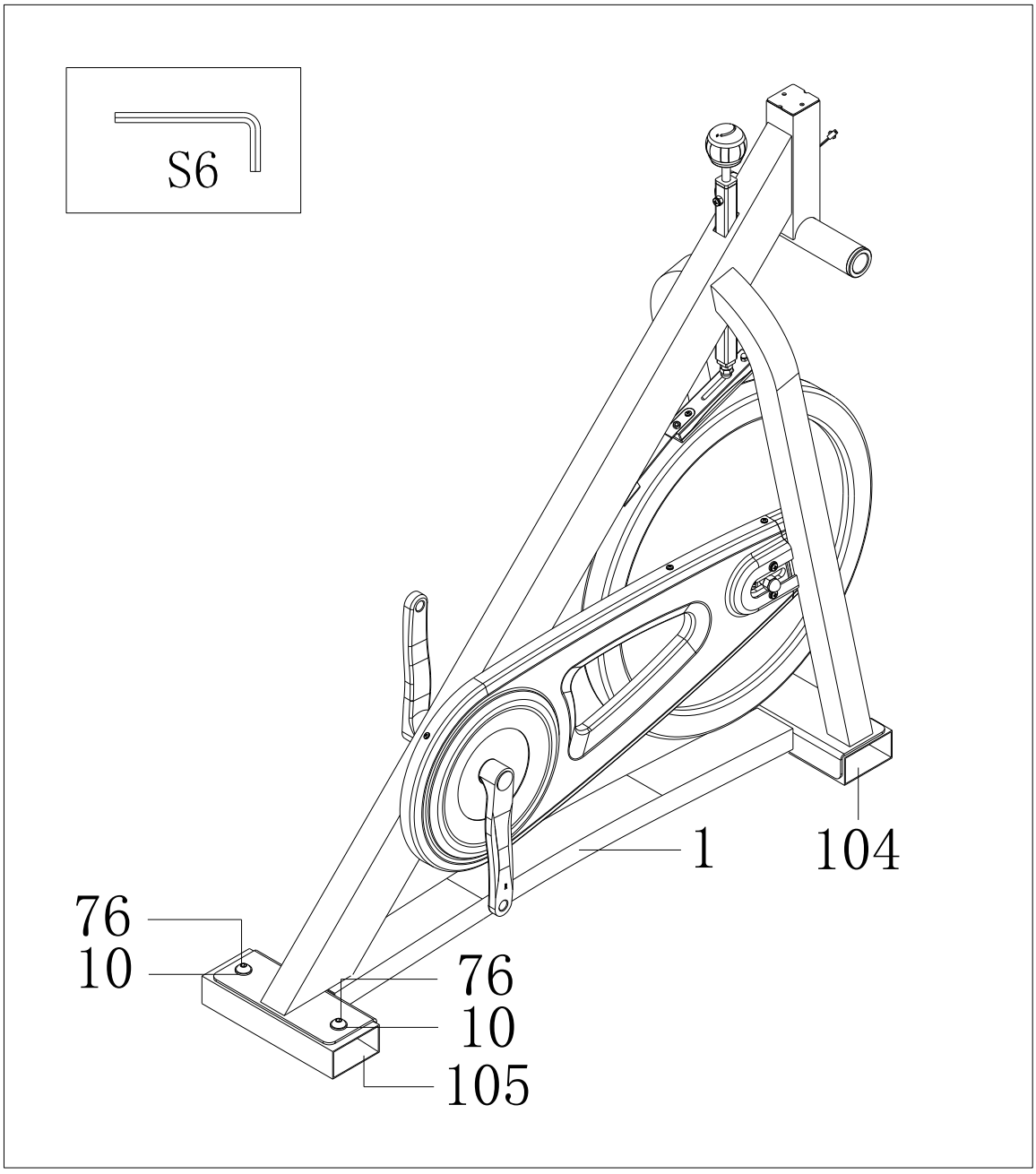
92	Screw M5*20*Φ8.5	2
93	Screw ST4.8*16*Φ10	8
94	Screw M5*12*Φ8.5	2
95	Washer d5*Φ10*1	2
96	Washer φ6.5*Φ25*6	2
97	Computer	1
98	Trunk wire	1
99	Sensor	1
100	Screw M6*12*Φ12	2
101	Sensor wire holder Φ12*11*Φ3	4
102	Computer holder	1
103	D shape washer	2
104	Shipping front tube	1
105	Shipping rear tube	1
106	Allen wrench S6	1
107	Allen wrench S8*33*80	1
108	Spanner S8 S14 S22	1
109	Spanner S13-14-15	1
110	Wave washer d17*Φ25*0.3	2

HARDWARE PACKAGE



ASSEMBLY INSTRUCTIONS

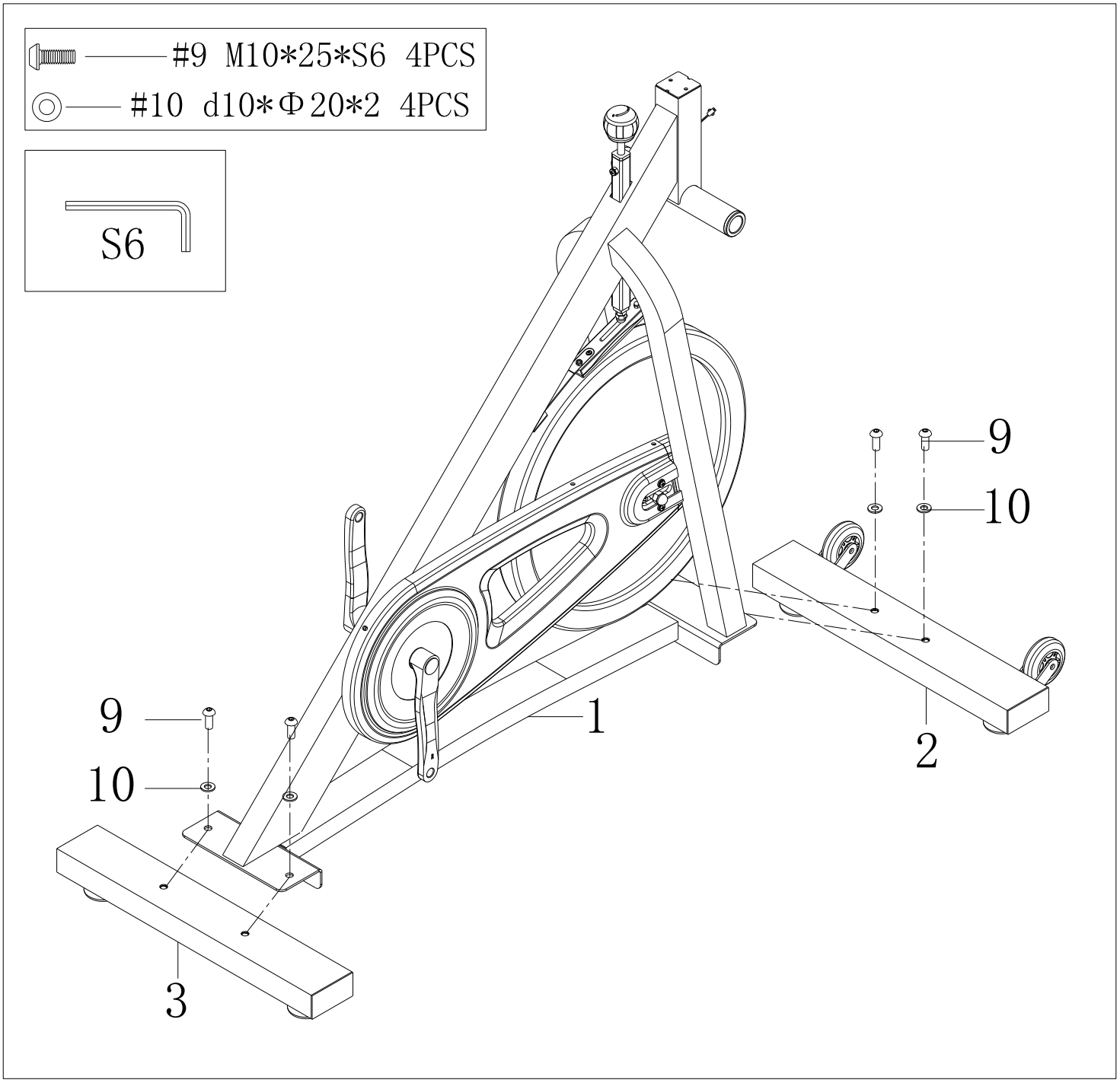
STEP 1:



A. Unscrew the screws (76) with wrench (S6), then remove and discard the shipping rear tube (105) and the shipping front tube (104).

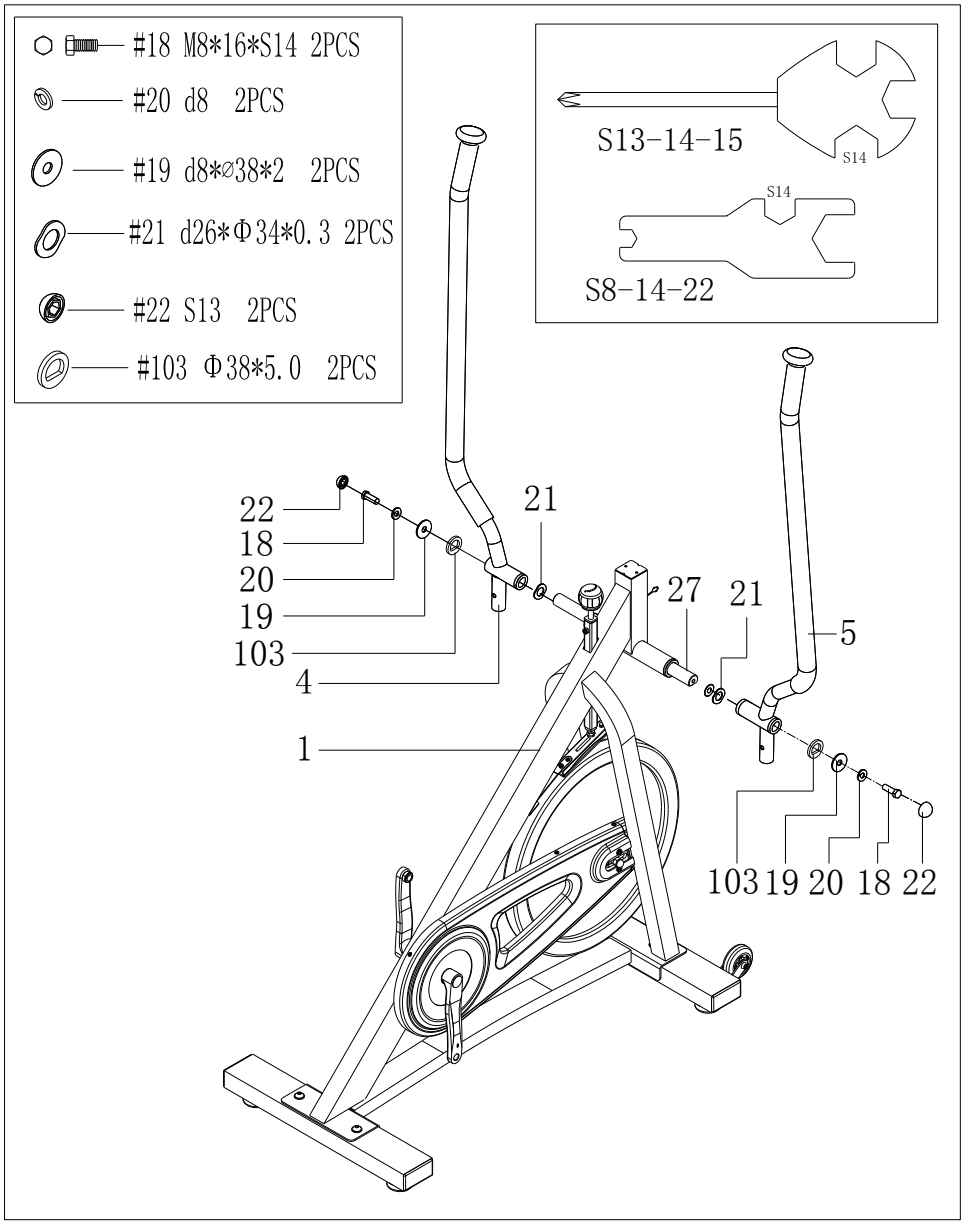
B. You can save these parts for future packaging and transportation of the bike if desired. {screws (76), washers (10), shipping rear tube (105) and the shipping front tube (104)}

STEP 2:



A. Secure front stabilizer (2) and rear stabilizer (3) to main frame (1) with screws (9) and washers (10).

STEP 3:



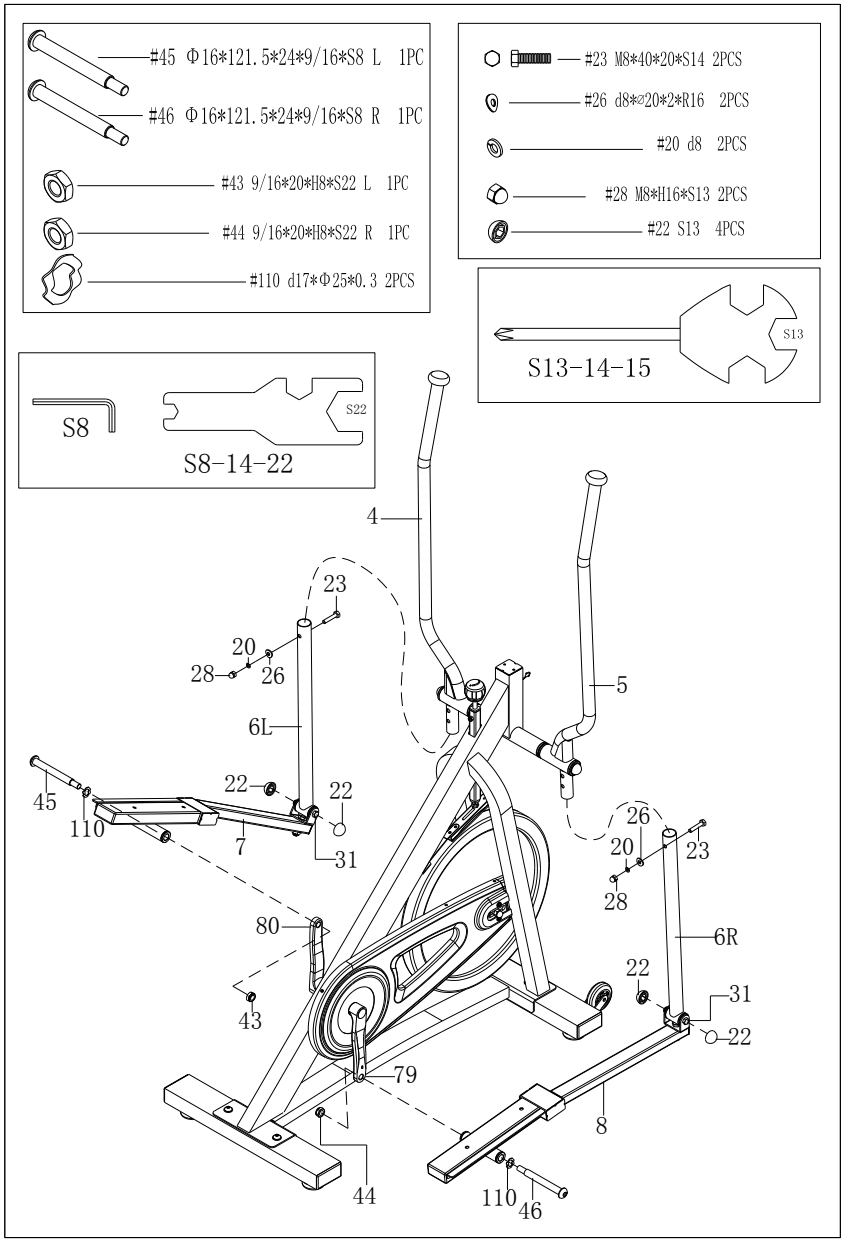
A. Attach swing rod axle (27) into main frame (1), insert wave washer (21) into the swing rod axle (27) on both sides;

B. Secure left handle bar (4) and right handle bar (5) to swing rod axle (27) with bolts (18), spring washers (20), washers (19) and D shape washers (103);

*** NOTE**: In order to tighten bolt #18 on both sides, use a spanner to hold on the left side, and to tighten the right side. You are required to use both spanners.

C. Attach end cap (22) on bolt (18).

STEP 4:



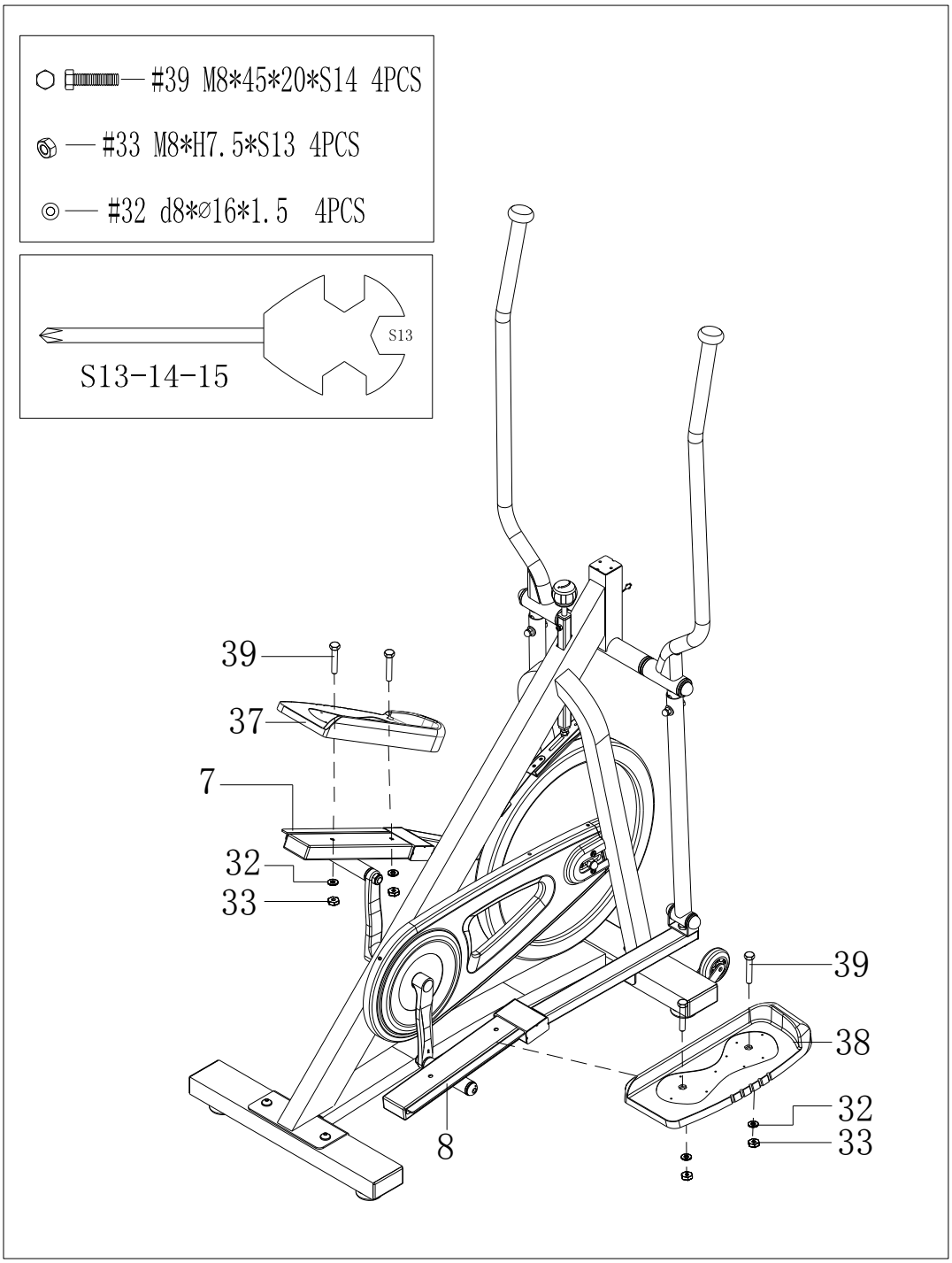
A. Secure swing rod (6L) to left handle bar (4) and Swing rod (6R) to right handle bar (5) with bolts (23), arc washers (26), spring washers (20) and nuts (28);

B. Secure right pedal post (8) to crank on the big chain wheel (79) with right pedal bolt (46), wave washer (110) and right nut (44) by screwing clockwise;

C. Secure *left pedal post (7) to left crank (80) with left pedal bolt (45), wave washer (110) and left nut (43) by screwing *counter-clockwise;

D. Attach end cap (22) on both sides of the bolt (31).

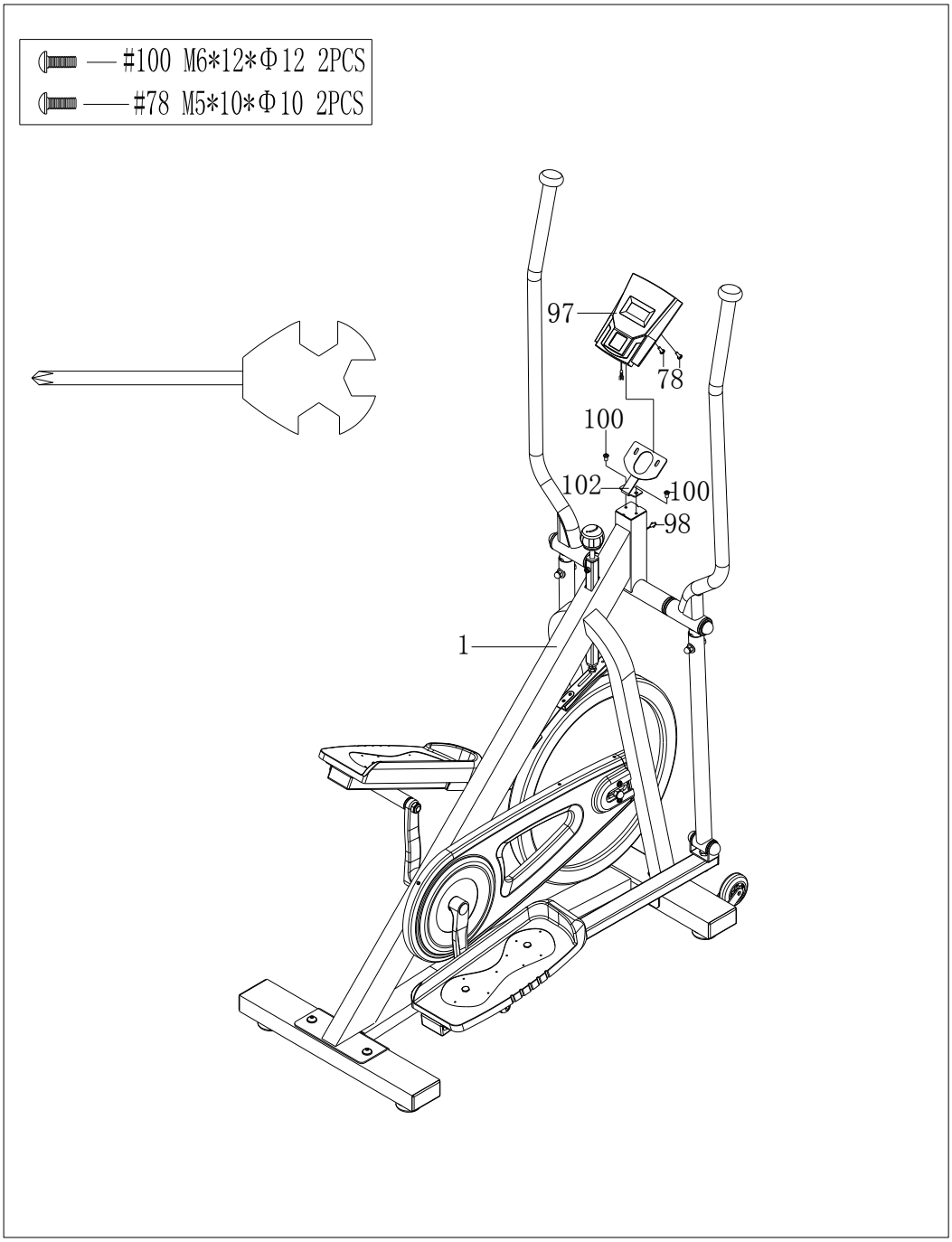
STEP 5:



A. Secure left pedal (37) to left pedal post (7) with bolts (39), washers (32) and nuts (33);

B. Secure right pedal (38) to right pedal post (8) with bolts (39), washers (32) and nuts (33).

STEP 6:

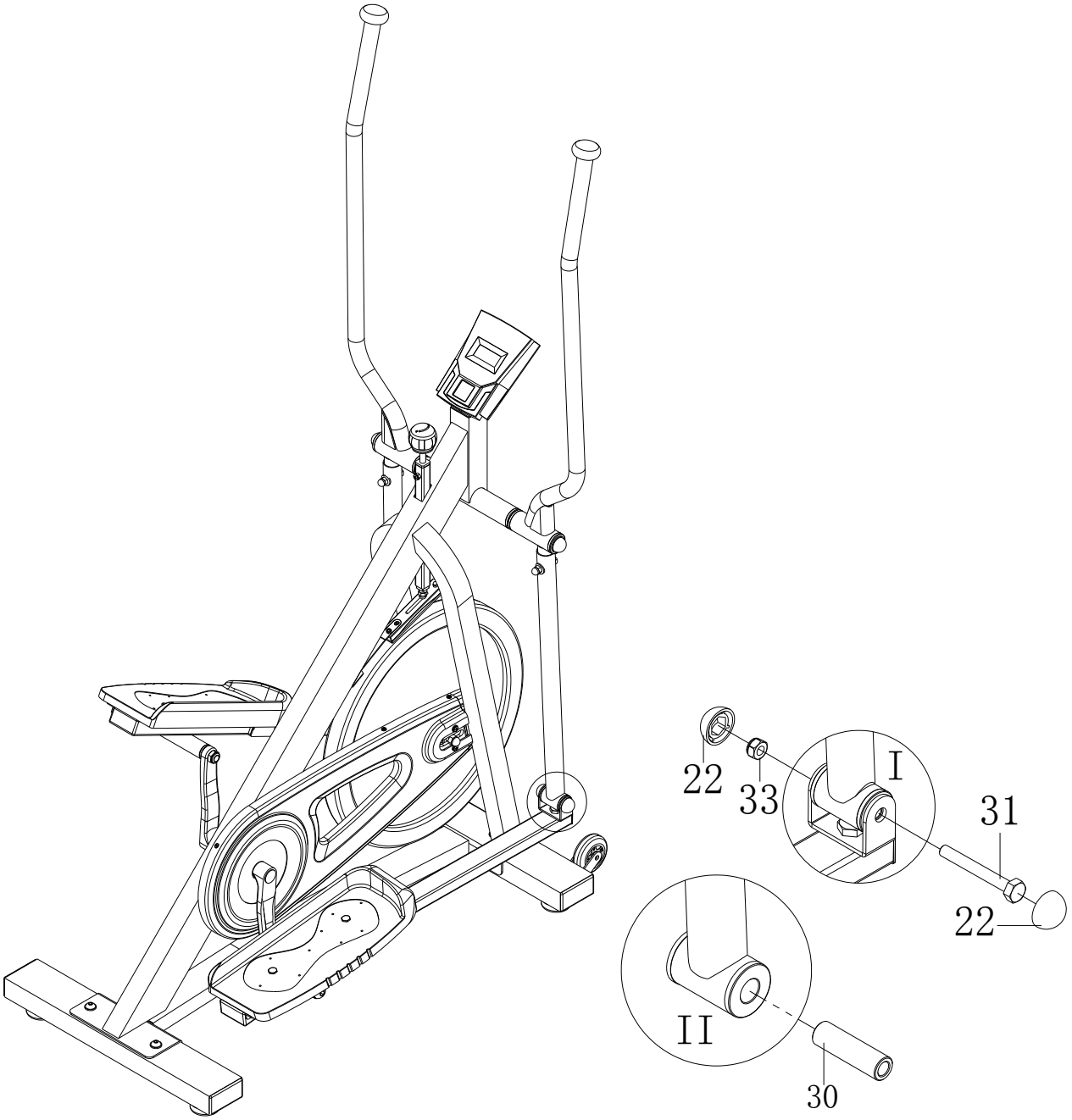


A. Secure computer holder (102) to main frame (1) with screws (100);

B. Secure computer (97) to computer holder (102) with screws (78), then connect the wire of computer (97) with trunk wire (98).

Assembly is finished.

MAINTENANCE



After a period of time, the grease in the joint will become dry and it might cause noise. Please follow instructions on how to lubricate the joint below:
Remove end caps (22), bolt (31) and nut (33) as diagram Ⅰ, then remove spacer (30) as diagram Ⅱ, and add some grease on the surface and inside of spacer (30) to decrease the rub, after finishing it, please assembly spacer (30), bolt (31), nut (33) and end caps (22) back.

Version: Mar 10, 2014